

Rapid spontaneous resolution of lumbar ganglion cysts: A case report

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Abstract

BACKGROUND

To discuss the rare event of spontaneous resolution of a lumbar ganglion cyst, a personal case report and 25 cases culled from the literature were described in detail. We focused on demographic, classification, clinical and radiological findings, treatment, outcome and radiological resolution.

CASE SUMMARY

A 51-year-old man presented to our observation ⁵with complaints of low back and right leg pain. Lumbar magnetic resonance imaging (MRI). showed a L4-L5 ganglion cyst. The patient was referred to medical therapy and bracing. After 4 wk, he showed a complete resolution of pain. The complete spontaneous resolution of the cyst was demonstrated by the followed-up MRI.

CONCLUSION

Spontaneous resolution of lumbar ganglion is very rare and only 26 cases, including ours,

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Figure 2. At 19 months' **review**, the patient's right sciatica remained in remission. Magnetic resonance imaging (MRI) at this juncture revealed complete **spontaneous resolution** of the previous right juxtafacet **cyst** and slight progression of the facet hypertrophy (). This is the sixth **case** reported.

Author: Elena Downs, Laurence A.G. Marshm...

Publish Year: 2018

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